

22 July 2025

Application: Personal Trainer position at PureGym

Dear Hiring Manager,

I am writing to express my keen interest in the Personal Trainer role at PureGym. With over 5 years of hands-on experience in delivering personalised fitness programmes and a proven record of driving client success, I am confident in my ability to contribute meaningfully to your team. My approach combines expert fitness knowledge with a deep commitment to motivating clients, supporting their wellbeing, and building long-lasting relationships that encourage consistent progress.

At FlexCore Fitness Hub in Birmingham, I currently lead customised training plans that are informed by individual assessments and grounded in evidence-based methodologies. I have achieved significant improvements in client performance, including a 15% average increase in strength and a 20% improvement in overall fitness. I attribute these results not just to technical training, but to cultivating trust, accountability, and motivation within each client interaction. My previous experience as a Fitness Consultant at EmpowerFit Wellness sharpened my ability to adapt programmes to diverse needs, manage group classes, and retain clients by fostering an inclusive and energising gym atmosphere.

What draws me to PureGym is your commitment to accessibility, community, and empowering every member to achieve their personal best. These values strongly align with my own. I am particularly inspired by PureGym's focus on innovation, whether through digital fitness tools or inclusive class formats, and I am excited to contribute to an environment that champions both client and trainer development. I bring not only technical skills in body composition analysis, injury prevention, and programme evaluation, but also a genuine passion for creating a positive, goal-focused gym culture.

I would welcome the opportunity to bring my enthusiasm, adaptability, and client-first mindset to your team and to contribute to PureGym's continued growth and member satisfaction. Thank you very much for considering my application.

Sincerely,
Henry Fitzgerald

Attachment: CV